

Learn to Swim 2015



Level 3
Stroke Development



Level 1
Intro To Swimming

longview parks & recreation aquatics



CONTACTS

Parks & Recreation Office

903.237.1270

Longview Swim Center

903.297.3774

Ingram Park Pool

903.753.9012

Website

parks.longviewtexas.gov

Sign Up Early & Receive \$3 Discount

DISCOUNT IS PER
CHILD PER CLASS
NO DISCOUNTS
AFTER APRIL 30

Early registration March 1 to April 30

Session	Lesson Dates	Deadline (no exceptions!)
Pre-Session: semi-privates, evenings only	June 8-11	Friday, June 5 at 5:00 PM
Session 1:	June 15-25	Friday, June 12 at 6:00 PM
Session 2:	June 29-July 9	Friday, June 26 at 6:00 PM
Session 3:	July 20-30	Friday, July 17 at 6:00 PM
Session 4:	August 3-13	Friday, July 31 at 6:00 PM

All lead instructors are certified in water safety through the American Red Cross.

3 types of lessons to choose from

GROUP LESSONS

Offered for ages 6 months-adults. Lessons are held Monday-Thursday for 2 weeks at both Longview Swim Center and Ingram Pool. Infant & Toddler (ITAP) and Preschool Level 1 (PAP1) classes are 35 minutes each; all other classes are 45 minutes each. LSC has a maximum of 8 students for Preschool and Level 1 classes, and a maximum of 10 students for all other classes. Ingram pool has a maximum of 8 students for all classes.

**COST: \$45 / 8 lessons
(2 weeks)**

SEMI-PRIVATE LESSONS

Designed for swimmers in need of a smaller instructor/student ratio. Each class will have at least 2 students, but no more than 3. Classes are 45 minutes each, Monday-Thursday. Semi-Privates are available at both Ingram Pool and Longview Swim Center. Registration will be on a first come, first served basis.

**COST: \$60 / 4 lessons
(1 week) or \$95 / 8
lessons (2 weeks)**

PRIVATE LESSONS

These lessons offer one-on-one instruction starting at age 5 and are 45 minutes long. They can be scheduled in place of a semi-private lesson (by buying out the semi-private). Private lessons not scheduled in place of a semi-private are scheduled in the order in which participants join a wait list and are based on instructor availability. For more information, see our Private Lesson Info Packet on our website. To join the waitlist or for questions, call 903-237-1270.

**COST: \$115 / 4 lessons
(1 week) or \$185 / 8
lessons (2 weeks)**

WHAT IF IT RAINS?

Due to our tight scheduling, it is extremely difficult to have makeup days. For group lessons our procedures are:

FIRST RAINY DAY is Safety Day. Participants will watch videos about water safety and upper levels will watch stroke performance videos.

SECOND RAINY DAY will be used to practice and review safety and swimming skills.

Remaining classes will be extended five minutes.

If there are three or more rainy days, classes will be made up on Fridays.

Semi-Private Lessons will be made up on Fridays.



See insert for level descriptions.

LSC Pre-Session Semi-Privates \$60	Time	PAP2	PAP3	Level 1	Level 2	Level 3	Level 4	Level 5	Adult
6/8 - 6/11	6:45 PM	562003	562023	562043	562063	562083	4A - 562103	562123	-
	7:45 PM	562013	562033	562053	562073	562093	4B - 562113	-	562133

LONGVIEW SWIM CENTER, 1111 W. FAIRMONT	Session 1 June 15 - 25			Session 2 June 29 - July 9			Session 3 July 20 - 30			Session 4 August 3 - 13		
	9:00 AM	PAP2	563003	9:00 AM	PAP2	564003	9:00 AM	PAP2	565003	9:00 AM	PAP2	566003
	semi-private	PAP3	563013	semi-private	PAP3	564013	semi-private	PAP3	565013	semi-private	PAP3	566013
	\$95 for 2	Level 1	563023	\$60 for 1 week	Level 1	564023	\$95 for 2	Level 1	565023	\$60 for 1 week	Level 1	566023
	weeks	Level 2	563033		Level 2	564033	weeks	Level 2	565033		Level 2	566033
		Level 3	563043	6/29-7/2	Level 3	564043		Level 4A	565043	8/3-8/6	Level 3	566043
	6/15-6/25	Level 4A	563053	or 7/6-7/9	Level 4B	564053	7/20-7/30	Level 5	565053	or 8/10-8/13	Level 4B	566053
	10:00 AM	PAP1	563063	10:00 AM	ITAP1	564063	10:00 AM	ITAP2	565063	10:00 AM	ITAP1	566063
	group lessons	PAP3	563073	group lessons	PAP1	564073	group lessons	PAP1	565073	group lessons	PAP1	566073
	\$45	Level 1	563083	\$45	PAP2	564083	\$45	PAP3	565083	\$45	PAP2	566083
		Level 3	563093		Level 2	564093		Level 1	565093		Level 1	566093
		Level 4A	563103		Level 3	564103		Level 2	565103		Level 2	566103
		Level 5	563113		Level 4A	564113		Level 3	565113		Level 3	566113
	L6 (LGR)	563123		L6 (Fitness)	564123		L6 (Fitness)	565123		Level 4B	566123	
	11:00 AM	ITAP1	563133	11:00 AM	ITAP2	564133	11:00 AM	ITAP1	565133	11:00 AM	PAP1	566133
	group lessons	PAP1	563143	group lessons	PAP1	564143	group lessons	PAP1	565143	group lessons	PAP2	566143
	\$45	PAP2	563153	\$45	PAP3	564153	\$45	PAP3	565153	\$45	Level 2	566153
		Level 1	563163		Level 1	564163		Level 1	565163		Level 3	566163
		Level 2	563173		Level 3	564173		Level 3	565173		Level 4A	566173
		Level 3	563183		Level 4B	564183		Level 4A	565183		Level 5	566183
	Level 4B	563193		Level 5	564193		Level 5	565193		L6 (Diving)	566193	
	6:45 PM	ITAP1	563203	6:45 PM	ITAP2	564203	6:45 PM	PAP1	565203	6:45 PM	ITAP1	566203
	group lessons	PAP1	563213	group lessons	PAP1	564213	group lessons	PAP2	565213	group lessons	PAP1	566213
	\$45	Level 1	563223	\$45	Level 1	564223	\$45	Level 1	565223	\$45	Level 1	566223
		Level 2	563233		Level 2	564233		Level 2	565233		Level 2	566233
		Level 3	563243		Level 3	564243		Level 3	565243		Level 3	566243
	Level 4A	563253		Level 4B	564253		Level 4A	565253		Level 4A	566253	
	7:30 PM	ITAP2	563263	7:30 PM	ITAP1	564263	7:30 PM	ITAP2	565263	7:30 PM	ITAP2	566263
	\$45	PAP1	563273	\$45	PAP3	564273	\$45	PAP2	565273	\$45	PAP3	566273
	7:45 PM	PAP2	563283	7:45 PM	PAP2	564283	7:45 PM	PAP3	565283	7:45 PM	PAP2	566283
	group lessons	Level 1	563293	group lessons	Level 1	564293	group lessons	Level 1	565293	group lessons	Level 1	566293
	\$45	Level 2	563303	\$45	Level 2	564303	\$45	Level 2	565303	\$45	Level 2	566303
		Level 3	563313		Level 4A	564313		Level 4B	565313		Level 3	566313
	L6 (Fitness)	563323		Level 5	564323		L6 (Diving)	565323		L6 (LGR)	566323	
	Adult Beg	563333		Adult Beg	564333		Adult Beg	565333		Adult Beg	566333	

INGRAM POOL, 1300 N. 10TH	Session 1 June 15-25			Session 2 June 29 - July 9			Session 3 July 20 - 30			Session 4 August 3 - 13		
	10:00 AM	PAP2/3	553003	10:00 AM	PAP2/3	554003	10:00 AM	PAP2/3	555003			
	semi-private	Level 1	553013	semi-private	Level 1	554013	semi-private	Level 1	555013			
	\$95 for	Level 2	553023	\$95 for	Level 2	554023	\$95 for	Level 3	555023			
	2 weeks	Level 3	553033	2 weeks	Level 3	554033	2 weeks	Level 4A	555033			
	11:00 AM	PAP1	553043	11:00 AM	PAP1	554043	11:00 AM	PAP2	555043			
	group lessons	Level 1	553053	group lessons	PAP2	554053	group lessons	Level 1	555053			
	\$45	Level 2	553063	\$45	Level 1	554063	\$45	Level 3	555063			
		Level 3	553073		Level 3	554073		Level 4A	555073			
	6:45 PM	ITAP1	553083	6:45 PM	ITAP2	554083	6:45 PM	ITAP2	555083	6:45 PM	ITAP1	556003
	group lessons	PAP1	553093	group lessons	PAP1	554093	group lessons	PAP1	555093	group lessons	PAP1	556013
	\$45	PAP2	553103	\$45	PAP3	554103	\$45	PAP3	555103	\$45	PAP2	556023
		Level 1	553113		Level 1	554113		Level 1	555113		Level 1	556033
		Level 2	553123		Level 2	554123		Level 2	555123		Level 2	556043
	Level 3	553133		Level 4A	554133		Level 4B	555133		Level 3	556053	

CANCELLATIONS

We depend on your enrollment for a successful class. Please plan your classes carefully. If you must cancel a class, please call 903-237-1270 at least 5 business days before the class begins. You may choose to transfer to another class, or to receive your money back (policies below). You will be notified if a class is cancelled due to low enrollment.

REFUND POLICY

Refund requests must be submitted in writing. Forms are available at LSC or you may email your request to parksinfo@longviewtexas.gov.

- After initial registration and up to 3 days prior to the start date, a \$5 service fee will be assessed.
- Two days prior to the start of class through the first day, 50% of the class fee is refundable.
- No refunds will be given after the first day of class. Allow 2 weeks for processing.

TRANSFER POLICY

Transfers may only be made **before** the registration deadline for any class. There is a \$5 fee for each transfer unless it meets one of the following conditions:

1. The participant's instructor recommends that he or she move up or down a level. (This normally takes place within the first 2 days of class.)
2. The participant completes a course and must repeat it, but is already registered in a later session for a higher level course.
3. The participant completes a course successfully, but is already registered in a later session for the same level course.

Transfer requests must be submitted in writing. Forms are available at LSC or you may email your request to parksinfo@longviewtexas.gov



What if I missed early registration?

For those that miss early registration, regular registration will be taken at full price up until the class registration deadline. See the table on the front cover for the registration deadlines.

4 easy ways to register

ONLINE REGISTRATION

Participants that have registered in the last 2 years may already have an account in place. Click "Sign In" on the main page, then "Forgot Password" on the next screen. Enter your email address to receive a new password. If you don't have an account on file, click "Create New Account." Visa, MasterCard, American Express or Discover is required for online registration.

WALK-IN REGISTRATION

Both pools will accept registration Monday-Friday from 2:00-6:00 PM, and Saturdays from 12:00-7:30 PM starting June 7 (Ingram is closed on Friday). The Parks Office (130 E. Timpson) accepts registration Monday-Friday from 8:00 AM-5:00 PM.

MAIL-IN REGISTRATION

Must be received by 5:00 PM at the Parks Office on the date of the deadline. Please mail the completed registration form and payment to the address listed in the top right corner of the registration form. Your confirmation will be sent to the mail or e-mail address you've provided on the form. **If you do not receive a confirmation please call (903)237-1270.**

FAX-IN REGISTRATION

Must be received by 5:00 PM at the Parks Office on the date of the deadline. Please fax your completed registration form to 903-237-1389. Include Visa, MasterCard, American Express, or Discover number and expiration date. Your confirmation will be sent to the mailing or e-mail address you've provided on the form.



Pool Policies

Children

Children under seven years must be accompanied by a parent or a competent person at least 15 years of age who is appropriately dressed in a swimsuit. This person must remain with the child at all times (within an arm's length).

Flotation Devices

Only Coast Guard-approved flotation devices will be allowed in the pool. No lifejackets on diving board or slide. Any child using a personal flotation device must be accompanied by an adult within arm's length at all times.

Diapers

Young children (3 & under) are required to wear swim diapers. Swim diapers are available at the front counter and may be purchased for \$3.

Water Slide / Diving Board

Children must be 48 inches tall to go down the water slide. Children must be able to pass a swim test to go off the diving board. Children may not be caught as they jump off the board or exit the slide. T-shirts and goggles are not permitted on the slide or diving board.

Proper Swim Attire

All swimmers must have on a swimsuit that includes a liner. No board shorts, cut-offs, gym shorts, etc. will be allowed.

Additional Rules are posted at the pool. Patrons are responsible for reading and obeying all rules.

public swimming pools

Longview Swim Center, 903-297-3774

Operating Dates: June 6 to August 14
1111 W. Fairmont St. (next to Pine Tree High School)
2 Swimming Pools, Waterslide, Raindrop, Diving Area

Monday - Friday.....2:00 - 6:15 p.m. *Tue - Family Swim
Saturday.....12:00 - 7:45 p.m.
Sunday.....Closed

Ingram Pool, 903-753-9012

Operating Dates: June 6 to August 13
1300 N. 10th St.
Swimming Pool, Waterslide, Raindrop

Monday - Thursday.....2:00 - 6:15 p.m. *Tue - Family Swim
Friday.....Closed
Saturday.....12:00 - 7:45 p.m.
Sunday.....1:00 - 4:45 p.m.



Admission Fees

Resident:
Child: \$2.00
Adult: \$3.00

Non-Resident:
Child: \$3.00
Adult: \$4.00



upcoming events

SPLASH DAY!

Free admission to Longview Swim Center & Ingram Pool.

Sat., June 6 12:00-7:45PM FREE LSC & ING

*FAMILY SWIM

This is a great way for families to cool off on warm summer nights! A parent must accompany children in the water.

*Tuesdays 5:00-6:15PM \$3/family LSC & ING

ITTY BITTY BEACH PARTY

The Itty Bitty Beach Party is held for kids ages eight and under and their parents. Children six and under must be accompanied by a parent in a swimsuit at all times. Games! Prizes! Free Sno-Cones! Free prize to the first 50 kids!

Fri., July 17 10:00-12:00PM \$5/family of 4 LSC

DOG DAYS OF SUMMER

The dog days of summer are going to end with a howl...and a splash! FREE TENNIS BALL to first 50 dogs!

Sat., August 15 10:00-12:00PM \$3/dog LSC



REGISTRATION FORM

Mail to: LTS Registration - PO Box 1952 - Longview, TX 75606
Phone: 903-237-1270 Fax: 903-237-1389 Web: parks.longviewtexas.gov

PARTICIPANT REGISTRATION INFORMATION

If mailing or faxing, please enter 2 choices for each participant in case the 1st choice is already full.

PARTICIPANT NAMES	Birth Date	Choice	Level	Pool	Session	TIME	FEE
Example: <i>Willie Swim</i>	1/1/02	1st	Level 2	LSC	1	6:45pm	\$45
		2nd	Level 2	ING	1	6:45pm	\$45

SUBTRACT DISCOUNT IF APPLICABLE

TOTAL

PARENT/GUARDIAN INFORMATION

☐ FIRST TIME CUSTOMERS?

FIRST NAME

LAST NAME

DOB

STREET ADDRESS

CITY

STATE

ZIP

HOME PH

MOBILE PH

WORK PH

E-MAIL ADDRESS

Would you like to receive promotional emails?

HOW DID YOU LEARN ABOUT THIS CLASS?

PERSONAL RELEASE STATEMENT: I understand that the registered activities and services may have an element of hazard or inherent danger and I take full responsibility for my actions and physical condition. I agree to indemnify and hold the City of Longview Parks and Recreation Department and its employees harmless from liability, loss, cost, or expense (including attorney's fees, medical, and ambulance costs) that may incur while participating in PARD activities. In case of emergency, I give my permission for emergency medical treatment. This form shall be considered valid until canceled or changed in writing by the undersigned participant/guardian/parent.

PARENT/GUARDIAN SIGNATURE _____ DATE _____

METHOD OF PAYMENT

☐ CHECK # → Check Payments Require → DL# DOB

☐ CASH ☐ MONEY ORDER ☐ MASTER CARD ☐ VISA ☐ DISCOVER ☐ AM-EX

CARD NUMBER

EXPIRATION DATE

CARDHOLDER NAME (PRINT)

SIGNATURE

Refund Policy: Refund Request Forms are available at LSC or the PARD Office. After initial registration and up to 3 days prior to the class start date, a \$5 service fee will be assessed. 2 days prior to the start of class through the first day, 50% of the class fee is refundable. No refunds will be given after the first day of class. Allow 2 weeks for processing. Note: No refunds will be given for semi-private or private lessons because classes are formed based on original enrollment.

Infant & Toddler, ages 6-36 months

American Red Cross Parent and Child Aquatics (Infant & Toddler Aquatic Program / ITAP) is designed to orient young children (from age 6 months to about 3 years) to the water and prepare them to learn to swim in the American Red Cross Preschool Aquatics or Learn-to-Swim courses. It is not designed to teach children to become good swimmers or even to survive in the water on their own. Parent and Child Aquatics gives parents safety information and teaches techniques to help them orient their children to the water. It also provides direction regarding how to supervise water activities in a responsible manner. This program is a bonding experience that will fill instructors, parents and children with wonderful life-long memories.

Infant and Toddler Level 1—For children ages 6-36 months. ITAP1 introduces basic skills to parents and children. Parents are taught to safely work with their child in the water, including how to appropriately support and hold their child in the water and how to prepare and encourage their child to participate fully and try the skills. Several water safety topics are also introduced and directed to parents. Children are introduced to basic skills that lay a foundation to help them learn to swim in the future.

Infant and Toddler Level 2—For children ages 18-36 months. Children entering this course must have an ITAP1 certificate or be able to demonstrate all of the completion requirements from ITAP1. ITAP2 builds on the skills introduced in Level 1. Participants improve on these skills and learn more advanced skills in ITAP2.

Preschool Aquatics, ages 3, 4, & 5 years

American Red Cross Preschool Aquatics teaches aquatic and safety skills in a logical progression. It is composed of three levels. The objective is to start teaching fundamental water safety and aquatic skills to children about 4 and 5 years of age. The Red Cross Preschool Aquatics program is designed to give participants a positive learning experience. Preschool Aquatics Level 1 orients participants to the aquatic environment and helps them to gain some basic swimming and water safety skills. At later levels, participants build on their basic skills to improve propulsive movements on both the front and back. They learn different strokes and then refine them as they progress. Personal safety and rescue skills are included to help participants meet safety goals. Upon successful completion all three levels of Preschool Aquatics, children should enter Learn-to-Swim at Level 3.

Preschool Aquatics Level 1 For children ages 3, 4 & 5 years. There are no prerequisites for this course. The objective of Level 1 is to help children feel comfortable in the water and to enjoy the water safely. In Level 1, elementary aquatic skills are taught, which children build on as they progress through the Preschool Aquatics and Learn-to-Swim levels. At this level, children also start developing good attitudes and safe practices around the water. **PAP1 Exit Skills Assessment** All Preschool Aquatics Level 1 skills can be performed with support. • Enter independently, using either the ladder, steps or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds then safely exit the water. (Children can walk, move along the gutter or “swim.”) • While in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds then recover to a vertical position.

Preschool Aquatics Level 2 For children ages 3, 4, & 5 years. Children entering this course must have a Preschool Aquatics Level 1 certificate or be able to demonstrate all of the completion requirements from Level 1. The objectives of Level 2 are to build upon the skills learned in Level 1 and give children success with fundamental skills. Children learn to float on the back without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Children continue to explore simultaneous and alternating arm and leg actions on front and back to lay the foundation for future strokes. Level 2 adds to the self-help and basic rescue skills begun in Level 1. **PAP2 Exit Skills Assessment** All Preschool Aquatics Level 2 skills can be performed with assistance. • Glide on front at least 2 body lengths, roll to back, float on back for 5 seconds then recover to a vertical position. • Glide on back for at least 2 body lengths, roll to front, float for 5 seconds then recover to a vertical position. • Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 5 seconds, roll to front then continue swimming on front for 3 body lengths.

Preschool Aquatics Level 3 For children ages 4 & 5 years. Children entering this course must have a Preschool Aquatics Level 2 certificate or must be able to demonstrate all the completion requirements from Level 2. The objective of Level 3 is to build on the skills in Level 2 by providing additional guided practice. Children learn to effectively coordinate combined simultaneous arm and leg actions and alternating arm and leg actions. As in all levels, additional safety skills are learned. **PAP3 Exit Skills Assessment** All Preschool Aquatics Level 3 skills are done independently. • Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds and then return to a vertical position. • Move into a back float for 5 seconds, roll to front, and then recover to a vertical position. • Push off and swim using a combination of arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front then continue swimming for 5 body lengths. (You can assist the child when taking a breath.)

LTS Level Descriptions, ages 6 & up

Learn-to-Swim The six levels of Learn-to-Swim instruction help swimmers of all ages and varying abilities develop their swimming and water safety skills. It is designed to give students a positive learning experience. American Red Cross Learn-to-Swim teaches aquatic and safety skills in a logical progression.

Level 1—Introduction to Water Skills Age requirement: 6 years. The objectives of Level 1 are to learn basic personal water safety information and skills, to help participants feel comfortable in the water and to enjoy the water safely. In Level 1, participants learn elementary aquatic skills, which they will build on as they progress through the six Learn-to-Swim levels. At this level, participants begin developing good attitudes about swimming and water safety, good swimming habits and safe practices in and around the water. **Level 1 Exit Skills Assessment** • Enter independently, using either the ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit the water. (Participants can walk, move along the gutter or “swim.”) • Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position. (This part of the assessment can be performed with support.)

Level 2—Fundamental Aquatic Skills Age requirement: 6 years. Participants entering this course must have a Level 1 certificate or must be able to demonstrate all the completion requirements of Level 1. The objective of Level 2 is to give participants success with fundamental skills. Participants learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Participants continue to explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes. **Level 2 Exit Skills Assessment** • Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position. • Move into a back float for 5 seconds, roll to front then recover to a vertical position. • Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front then continue swimming for 5 body lengths. (You can assist the participant when taking a breath.)

Level 3—Stroke Development Age requirement: 6 years. Participants entering this course must have a Level 2 certificate or must be able to demonstrate all the completion requirements in Level 2. The objectives of Level 3 are for participants to learn the survival float, the elementary backstroke and to coordinate the front crawl. They are introduced to the scissors kick and the dolphin kick and build on the fundamentals of treading water. Participants also learn rules for headfirst entries and begin to learn to enter the water headfirst from the side of the pool (if the water is 9 feet deep or deeper). **Level 3 Exit Skills Assessment** • Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.

Level 4A - Stroke Improvement Participants improve skills and increase endurance by swimming familiar strokes for greater distance. They continue to build on the front and back crawls, and introduce the elementary backstroke, breaststroke and elements of the sidestroke. Participants entering this course must have a Level 3 certificate or must be able to demonstrate all the completion requirements in Level 3. **Level 4 Exit Skills Assessment** • Perform a feet-first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards. • Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards. *

Level 4B - Stroke Improvement Participants improve skills and increase endurance by swimming familiar strokes for greater distance. They continue to build on the butterfly, elementary backstroke, breaststroke and elements of the sidestroke. Basics for turning at a wall are also introduced. To enroll, students must have successfully completed Level 4A or be able to complete the exit skills listed for Level 4A. **Level 4B Exit Skills Assessment** • Perform a feet-first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim breaststroke for 25 yards. • Swim butterfly for 15 yards, change direction and position as necessary and swim sidestroke for 15 yards.

Level 5—Stroke Refinement Participants entering this course must have a Level 4 certificate or must be able to demonstrate all the course requirements in Level 4. The objectives of Level 5 are to coordinate and refine strokes. Participants refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances. Flip turns on the front and back are also introduced. **Level 5 Exit Skills Assessment** • Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards. • Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards.

Level 6—Swimming and Skill Proficiency Participants entering this course must have a Level 5 certificate or must be able to demonstrate all the skills required to complete Level 5. Level 6 is designed with “menu” options—Fundamentals of Diving, Fitness Swimmer, Lifeguard Readiness. These options focus on preparing participants for more advanced courses, such as Lifeguarding, competitive swimming or diving. **Exit Skills Assessment**, **Fundamentals of Diving** • Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke. • Perform a two-part takeoff with a feet-first entry from a 1-meter diving board. • Perform a two-part takeoff with a head-first entry from a 1-meter diving board. **Fitness Swimmer** • Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke. • Perform the Cooper 12-minute swim test and compare results with the pre-assessment results. **Lifeguard Readiness** • Swim 300 yards continuously using the front crawl and the breaststroke, swimming at least 100 yards of each stroke. • Surface dive to retrieve object from depth of 7-10 feet, return to surface and swim back to starting point with both hands on object while keeping face above water under 1 minute and 40 seconds.

Swimming and Water Safety (r.09) Program